



## Zjalic Aleksandra

**Date of birth:** 28/05/1991 | **Nationality:** Croatian | **Phone number:**

(+43) 68181197129 (Mobile) | **Email address:** [zjalica@gmail.com](mailto:zjalica@gmail.com) |

**Address:** Johann Schaschl Weg 2, 9020, Klagenfurt am Wörthersee, Austria (Home)

### ● ABOUT ME

---

I am an ambitious physiotherapist who is passionate about his profession and likes new challenges at work. Personally I like when my patients get a results, feeling better and smile after session. I worked in Croatia, Sweden and right now I am working and living in Austria.

Driving licence AM/B.

### ● EDUCATION AND TRAINING

---

03/09/2006 – 14/06/2010 Croatia

**PHYSIOTHERAPIST** Pakrac middle school

---

**Website** <https://www.sspakrac.hr/>

30/09/2010 – 09/07/2013 Croatia

**PHYSIOTHERAPIST** Rijeka University

---

**Website** <https://uniri.hr/en/home/>

09/10/2015 – 10/10/2015 Croatia

**YUMEIHO** Vitalizacija Kolic

---

**Website** [www.vitalizacija-kolic.hr](http://www.vitalizacija-kolic.hr)

13/11/2015 – 14/11/2015 Croatia

**YUMEIHO** Vitalizacija Kolic

---

**Website** [www.vitalizacija-kolic.hr](http://www.vitalizacija-kolic.hr)

04/05/2018 – 05/05/2018 Sweden

**DRY NEEDLING BASIC** Alfa Care ACADEMY

---

**Website** <https://www.alfacare.se/>

30/08/2018 – 01/09/2018 Sweden

**ANATOMY TRAINS IN STRUCTURE AND FUNCTION** Rehabklinik Kista

---

**Website** <https://www.anatomytrains.com/>

23/09/2018 – 24/09/2018 Sweden

**DRY NEEDLING ADVANCE** Alfa Care ACADEMY

---

**Website** <https://www.alfacare.se/>

15/10/2019 – 15/10/2019 Sweden

**COPD REHABILITATION**

---

**Website** <https://www.fysioterapeuterna.se/Om-forbundet/Sektioner/Andning-och-cirkulation/>

13/03/2020 – 14/03/2020 Sweden

**DIZZINESS COURSE** Rehabkurser

---

**Website** <http://www.rehabkurser.se/>

06/05/2021 – 07/05/2021 Sweden

**ANF COURSE 1 PAIN AND INFLAMMATION MANAGEMENT**

---

**Website** <https://www.anftherapy.com/>

27/05/2021 – 28/05/2021 Sweden

**ANF COURSE 2 BIOCHEMICAL FUNCTIONS OF ANTIOXIDANTS**

---

**Website** <https://www.anftherapy.com/>

28/06/2022 Austria

**ANF COURSE 3 OPTIMIZATION OF NEUROLOGICAL OSCILLATION**

---

29/08/2022 Austria

**ANF COURSE 4 NEUROLOGICAL ENERGY RESOURCES**

---

16/11/2022 Austria

**ANF COURSE 5 LYMPHATIC SYSTEM AND NEUROLOGICAL COMMUNICATION**

---

22/01/2023 Austria

**ANF COURSE 6 ANF NEURO TECH DEVICE FOR ORTHOPEDIC INJURIES**

---

06/02/2023

**ANF MIND COURSE 1 INTEGRATIVE APPROACH TO MENTAL HEALTH** ANF therapy mind

---

25/05/2023 Austria

**ANF MIND COURSE 2 GENERALIZED ANXIETY DISORDER**

---

26/06/2023 Austria

**ANF SPORTS COURSE 1 PERFORMANCE** ANFSports Pro

---

25/09/2023 – 27/09/2023 Marbella, Spain

**ANF COURSE 7 NEUROLOGICAL EXAMINATION ASSESSMENT AND APPLICATION** ANF Academy

---

28/09/2023 – 30/09/2023 Marbella, Spain

**ANF COURSE 8 ADVANCED NEUROLOGICAL EXAMINATION AND ORTHOPEDIC INJURIES MANAGEMENT** ANF Academy

---

01/10/2023 – 01/10/2023 Marbella, Spain

**CERTIFICATION OF NEURO PRACTITIONER APEX EXAM** ANF Academy

---

14/12/2023 Austria

**ANF SPORTS COURSE 2 RECOVERY**

---

20/10/2023 – 21/10/2023 Klagenfurt, Austria

**NORDIC WALKING INSTRUCTOR** NWO Austria

---

## ● **WORK EXPERIENCE**

---

01/02/2023 – CURRENT St. Margarethen, Austria

**PHYSIOTHERAPIST** OPTIMA MED GESUNDHEITSRESORT WEISSENBACH

---

Assessing problems, carrying out individual treatments, working with different types of treatments such as shock wave treatment, laser, kinesio taping, dry needling, lymphatic touch, working with the Covid patients,

NMES- Neuro Muscular Electrical Stimulation and consultation as well as individual training. Vertigo examinations and treatments as well as home visits. Independent patient assessment and collaboration with colleagues from other medical fields (orthopedists, chiropractors, nutritionists and others).

16/04/2022 – CURRENT Klagenfurt am Wörthersee, Neumarkt in der Steiermark, Austria

---

**PHYSIOTHERAPIST PHYSIO/ANF ZJALIC**

---

Assessing problems, carrying out individual treatments, working with different types of treatments such as laser, Kinesio-taping, working with the Covid patients, NMES- Neuro Muscular Electrical Stimulation and consultation as well as individual training. Vertigo examinations and treatments as well as home visits. Independent patient assessment and collaboration with colleagues from other medical fields. Application and using ANF Therapy in daily treatments.

05/12/2021 – 01/02/2023 Wildbad Einöd, Austria

---

**PHYSIOTHERAPIST OPTIMAMED GESUNDHEITSTHERME WILDBAD**

---

Assessing problems, carrying out individual treatments, working with different types of treatments such as Kinesio Taping, ANF Therapy, manual treatments and rehabilitation training.

23/04/2019 – 29/11/2021 Södertälje, Sweden

---

**FITNESS INSTRUCTOR ACTIC SYDPOOLEN**

---

Water training with the goals of improving coordination, balance and strength.

14/10/2018 – 29/11/2021 Södertälje, Sweden

---

**PHYSIOTHERAPIST PRAKTIKERTJÄNST**

---

Assessing problems, carrying out individual treatments, working with different types of treatments such as shock wave treatment, laser, kinesio taping, dry needling, lymphatic touch, working with the Covid patients, NMES- Neuro Muscular Electrical Stimulation and consultation as well as individual training. Vertigo examinations and treatments as well as home visits. Independent patient assessment and collaboration with colleagues from other medical fields (orthopedists, chiropractors, nutritionists and others).

31/08/2018 – 11/10/2018 Södertälje, Sweden

---

**PHYSIOTHERAPIST CAPIO LINA HAGE**

---

Assessing problems, carrying out individual treatments, working with different types of treatments such as shock wave treatment, laser, kinesio taping, dry needling and consultation as well as individual training.

16/10/2016 – 22/03/2018 Södertälje, Sweden

---

**PERSONAL ASSISTANT STIL**

---

Assistant to an 11 year old girl with CP injury and epilepsy. Help with everyday activities, help with hygiene, help with communication with Blisskarta, use of mobility aids and help during school hours and in her lessons.

31/08/2016 – 30/09/2016 Stockholm, Sweden

---

**PERSONAL ASSISTANT SAIK AB**

---

Assistance with daily activities, nighttime assistance, assistance with hygiene and use of moving aids.

31/07/2016 – 31/08/2016 Stockholm, Sweden

---

**ROOM ATTENDANT SWEDEN HOME SUPPORT**

---

31/07/2014 – 31/07/2015 Lipik, Croatia

---

**PHYSIOTHERAPIST REHABILITATION CLINIC LIPIK**

---

Practical training one year. Carrying out rehabilitation and kinesiotherapy exercises. Application of physical therapy methodology to treat all types of disorders. Knowledge of anatomy and physiology. Ability to communicate with the patient.

31/03/2014 – 09/06/2014 Caglin, Croatia

---

**VOLUNTEER ELEMENTARY SCHOOL**

---

Worked with students attending school with a special program. Improve learning and motor activity through Brain Gym.

30/09/2011 – 30/09/2013 Rijeka, Croatia

**FITNESS INSTRUCTOR** MAGIC WELL RIJEKA

---

Individual fitness exercises and massage treatments.

31/03/2013 – 09/07/2013 Rijeka, Croatia

**ASSISTANT** RIJEKA UNIVERSITY

---

Support with physiotherapy assessment.

30/09/2011 – 09/07/2013 Rijeka, Croatia

**VOLUNTEER** RIJEKA UNIVERSITY

---

Voluntary in the project "Through training against diabetes and osteoporosis" with older people and with women suffering from breast cancer.

## ● LANGUAGE SKILLS

---

Mother tongue(s): **CROATIAN**

Other language(s):

|                | UNDERSTANDING |         | SPEAKING          |                    | WRITING |
|----------------|---------------|---------|-------------------|--------------------|---------|
|                | Listening     | Reading | Spoken production | Spoken interaction |         |
| <b>SWEDISH</b> | C1            | C1      | C1                | C1                 | C1      |
| <b>ENGLISH</b> | B2            | B2      | B2                | B2                 | B2      |
| <b>GERMAN</b>  | B2            | B2      | B2                | B2                 | B2      |

*Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

## ● DIGITAL SKILLS

---

Microsoft Office | Take Care, CGM system | Zoom | Google Drive | Instagram | Social media | Microsoft Word

### Personal skills

Team worker | Empathy | Organized | Good listener | Hard worker | Leadership | Problem solving | Adaptability | Confidence

## ● ADDITIONAL INFORMATION

---

### HOBBIES AND INTERESTS

**Hobbies and interests** Gym, spinning, volleyball, football, handball, table tennis. I like nature, animals and spend time in the circle of loved ones.